

### Abstract of the Disclosure

A shape memory foam member is disclosed. A coefficient of water absorption of the shape memory foam member is in the range between  $0.01 \text{ g/cm}^3$  and  $0.2 \text{ g/cm}^3$  in a non-compressed state.

5 The shape memory foam member is compressed with heating; cooled with keeping the shape memory foam member in the compressed state; and released from the compressive pressure on the shape memory foam member after cooling. The original shape of the shape memory foam member is substantially recovered by heating.